

SEPTEMBER 2025 SCHEDULE



Questions? Call or Text
 Laura Spaulding: 502-585-2070
 or Susan Reid: 502-523-8020

EAST END LOCATION 2226 Holiday Manor Center 40222		
Monday		
9:15-10:30 am	Hatha Yoga	Brian Andriot
11:00-12:15 pm	Gentle Yoga	Susan Reid
1:00-1:45 pm	\$10 Chair Yoga	Karen Sorgel
6:00-7:15 pm	Sivananda Yoga	Susan Reid
Tuesday		
7:45-9:00 am	Ashtanga for Everyone	Marcia Bennett
9:15-10:30 am	Sivananda Yoga	Susan Reid
11:00-12:15 pm	Gentle Yoga	Angela Weisser
6:00-7:15 pm	Hatha Yoga	Christiane Tawfik
Wednesday		
9:15-10:30 am	Hatha Yoga	Sarah Neal
11:00-12:15 pm	Gentle Yoga	Lanie Hopping
1:00-1:45 pm	\$10 Chair Yoga	Lanie Hopping
6:00-7:15 pm	Hatha Yoga	Jeni Best
Thursday		
7:45-9:00 am	Ashtanga for Everyone	Niki Parsons
9:15-10:30 am	Hatha Yoga	Susan Reid
11:00-12:15 pm	Gentle Yoga	Christiane Tawfik
6:00-7:15 pm	Yin Yoga	Eileen Schuhmann
Friday		
9:15-10:30 am	Hatha Yoga	Anne Borders
11:00-12:15 pm	Gentle Yoga	Susan Rudy
Saturday		
9:00-9:45 am	♥ Heart of Yoga ^L	Laura Spaulding
10:00-11:30 am	How Yoga Works (Hatha) ^L	Laura Spaulding
11:45-1:00 pm	Art of Yoga Training ^L	Laura Spaulding
Sunday		
10:00-11:15 am	Hatha Yoga	Anne Borders

KENTUCKY STREET LOCATION 1125 E Kentucky Street 40204		
Monday		
6:30-8:30 am	Mysore-style Ashtanga ^L	Laura Spaulding
11:00-11:45 am	Mysore Chanting Class ^L	Laura Spaulding
6:30-7:45 pm	Yoga en Español (donación)	Dariana Salinas
Tuesday		
6:30-8:30 am	Mysore-style Ashtanga ^L	Laura Spaulding
6:00-7:15 pm	Hatha Yoga	Brian Andriot
Wednesday		
6:30-8:30 am	Mysore-style Ashtanga ^L	Laura Spaulding
11:00-11:45 am	Mysore Chanting Class ^L	Laura Spaulding
6:00-7:00 pm	Beginning Yoga ^L	Tamara Conaway
Thursday		
6:30-8:30 am	Mysore-style Ashtanga ^L	Laura Spaulding
6:00-7:15 pm	Hatha Yoga	Anne Borders
Friday		
6:30-7:45 am	Ashtanga Led Class ^L	Laura Spaulding
10:30-11:15 am	Mysore Chanting Class ^L	Laura Spaulding
Saturday		
9:00-10:00 am	The Active Series	Karen Cairns
10:30-11:45 am	Sivananda Yoga	Susan Reid
Sunday		
7:30-9:00 am	Ashtanga Led Class ^L	Laura Spaulding
9:10-10:10 am	Pranayama & Meditation ^L	Laura Spaulding
10:30-11:45 am	Hatha Yoga	Erin Kinnetz

^L indicates the class is also Livestreamed.
 No Mysore classes on Moon Days (September 7 & 21)

For current pricing and our most up-to-date class and workshop/event schedule go to <https://yogaeast.org>

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